



# Maehnowesekiyah

## One Day At A Times

April 2007



Main Line - (715) 799-3835  
DV Main Line - (715) 799-3931  
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### MTL PROCLAIMS APRIL "ALCOHOL AWARENESS MONTH"

At a regular meeting on March 15, 2007, the Menominee Tribal Legislature proclaimed April as "Alcohol Awareness Month".

The following are some excerpts from the proclamation; *"The Menominee Tribal legislature recognizes that alcohol and drug abuse are contributing factors adversely affecting the health, welfare and social well being of the Menominee members"*.

*"The Menominee Tribal Legislature supports the efforts of Maehnowesekiyah Wellness Center to provide substance free activities, AODA education programs and the availability of facilities to assist individuals and families touched by substance abuse"*.

Each year in April Maehnowesekiyah participates in the **National Alcohol Awareness Month Campaign**. The theme for 2007 is **KEEP OUR FUTURE GROWING-END UNDERAGE DRINKING**.

The history of "Alcohol Awareness Month" here at Maehnowesekiyah goes way back. Veteran staffer Brenda Johnson says she can remember *"In 1991 we used to do something in each of the communities"* and Mark Fuller, Prevention/Adolescent Supervisor states that it has been part of our programming here *"Ever since I can remember"*.

In observance, Maehnowesekiyah participated in the **NATIONAL SCREENING DAY** on April 5<sup>th</sup> 2007. We will be conducting screenings at the Menominee Nation Casino, College of Menominee Nation, and the Menominee Tribal Clinic throughout the day. New this year, was a collaboration with the College of Menominee Nation to conduct the screenings at the CMN Green Bay site.

In addition we held our annual **MENOMINEE IDOL** talent show at the High School on Friday, April 13<sup>th</sup> 2007. As a substitute for underage drinking, this drug and alcohol free community event featured the musical and judging talent of some of our local celebrities.

In closing of the Alcohol Awareness Month, the College of Menominee Nation-AODA students will, on April 25<sup>th</sup> 2007, sponsor a special viewing to the public of the HBO special **'ADDICTON'**. Refreshments will be provided.

We invite the whole community to come out to celebrate our proclamation against drugs and alcohol in our community and help raise awareness of the dangers of underage drinking.

#### MISSION

- Provide culturally specific alcohol, drug, mental health, adolescent, domestic violence treatment, education, & support services for Native Americans & their families.
- Be responsive to community needs by providing a comprehensive continuum of AODA & other support services
- Promote positive relationships between MWC, resource providers, & the community.



"Sees Behind"  
By Kirby Sattler



# Gambling as an Addiction



Not everyone agrees that a behavior such as gambling can properly be called an addiction. Some insist that addiction can only occur when an addictive substance as alcohol or nicotine is involved. Often, problem gamblers are referred to as compulsive.

But consider the meaning of addiction. In true addiction, the person tries something and derives an intense kind of pleasure from it, the feeling of being “high”. So he does it again when he can, and as he does it more and more he begins to feel used to it. But that means it’s starting to feel normal-not high. He has developed a tolerance.

The addict now must take more of his addiction in order to get high. In the process, his body and mind come to expect and even need the substance. As one high wears off, the person feels a powerful need to get more. Now he’s developed dependence. If he can’t get any of what he needs, he goes through an extremely unpleasant and difficult reaction, this is withdrawal.

These are the essential elements of true addiction: getting high, developing tolerance and needing more, becoming dependent and feeling the pain of withdrawal. The experience of compulsive gamblers is essentially the same.

From **Gambling- Betting on a Better Future?**

**Any questions please contact Brenda Johnson 715-799-3835**



## Ask: Dr. Steve

### Question:

“I have heard people talking about Meth. What is it and what does it do?”

### Answer:

Methamphetamine (Meth) is an addictive stimulant that strongly activates certain systems in the brain. Meth is a crystal-like powdered substance that sometimes comes in large rocklike chunks. When the powder flakes off the rock, the shards look like glass, which is another nickname for meth. Meth is usually white or slightly yellow, depending on the purity. Immediately after smoking or injection, the user experiences an intense sensation, called a “rush” or “flash,” that lasts only a few minutes and is described as extremely pleasurable. Snorting or swallowing meth produces euphoria - a high, but not a rush. After the initial “rush,” there is typically a state of high agitation that in some individuals can lead to violent behavior. Other possible immediate effects include increased wakefulness and insomnia, decreased appetite, irritability/aggression, anxiety, nervousness, convulsions and heart attack. Meth is addictive, and users can develop a tolerance quickly, needing larger amounts to get high. In some cases, users forego food and sleep and take more meth every few hours for days, ‘binging’ until they run out of the drug or become too disorganized to continue. Chronic use can cause paranoia, hallucinations, repetitive behavior (such as compulsively cleaning, grooming or disassembling and assembling objects), and delusions of parasites or insects crawling under the skin. Users can obsessively scratch their skin to get rid of these imagined insects. Long-term use, high dosages, or both can bring on full-blown toxic psychosis (often exhibited as violent, aggressive behavior). This violent, aggressive behavior is usually coupled with extreme paranoia. Meth can also cause strokes and death.

# Oppression, Domestic Violence, Gossip?

Article submitted by Jeff Langlois  
Domestic Violence Program Facilitator

You may ask...what's with the title? What does oppression and domestic violence have in common with gossip? Abuse, that's what. Domestic violence is oppression. Oppression is the exploitation of those with less power. Gossip in domestic violence relationships often serves as a weapon of choice to control attitudes toward the victim in small communities. This gossip tends to spread far and wide; to family friends and even counselors, before the victim even has a chance to reach out for help.



In small communities, information tends to travel quickly; both in good and bad ways. I have seen immediate outpouring of support in the community when tragedy strikes. This shows the power of oral information in a truly great way. When working with domestic violence offenders, both men and women joke about the "moccasin telegraph" and how fast everyone knows everyone else's business. These stories are often heard by lots of people and many times the stories have been twisted to make the victim of the abuse look unstable or crazy. Stories like "she was cheating, drunk, a bad mother" or "he's using drugs, a bad father, or running around" are often told by the abusive family member to make the victim look like the abuser. Many times these stories need to be investigated in order to determine who the abuser really is. Not only are these stories harmful, but they are hard to track down and even harder to stop. Ultimately it's these same stories that make families feel that the community does not support them in making healthy changes; often resulting in the victim and her/his children remaining in the abusive situation. When people engage in these forms of harmful story telling, they serve to try to stop anyone from improving her/his family life. This is called lateral oppression.

Kevin S. Peniska, Sr. *Makoche Yuhunhunza* (Shaking The Earth), owner and editor of Well Nations Magazine wrote an article in the March/April 2007 edition titled "Can We Trust Others With Our Stuff". In the article he talks about there being "no secrets in Indian Country..." He openly discusses lateral oppression as "...backstabbing, gossip and sabotage..." along with many other forms of abuse. He describes his own painful experiences of trying to improve his life only to have fellow community members continuously try to tear him down with the use of gossip. One form of lateral oppression is symbolized by a simple piece of electronics in many people's houses; the scanner. Owning a scanner is not oppressive, it's what people do with the information that comes from the scanner that determines whether someone is engaging in oppression of their fellow man or woman. Communities rich in oral communication skills are extremely susceptible to people using story telling to harm others; especially victims of abuse. Ending domestic violence means ending oppression of women, children and sometimes men. One way to start is to avoid useless gossip and instead use communication to help others. When you hear someone has "fallen off the wagon", offer them support to pick themselves up, dust themselves off and continue pursuing wellness. When you hear someone has been arrested for domestic violence, offer support for that person to seek proper help. If you hear of a victim of domestic violence, offer support and assistance if it's safe, or offer a telephone number to call as a way for her/him a way to get help. Let's use the exceptional oral skills in this community to support, build, encourage; not oppress.



\*\*\*For ADDITIONAL INFORMATION CALL US AT\*\*\*

799-3981

**ALL CALLS ARE CONFIDENTIAL**

RHONDA TUCKER-DV ADVOCATE

STEPHANIE BOWMAN-DV COUNSELOR

ERIN SCHULTZ-DV PROGRAM ASST. MANAGER

CAROL WAUTLET-DV PROGRAM MANAGER





# STAFF RECEIVE CERTIFICATIONS

GOOD NEWS!!!! Several Maehnowesekiyah staff were granted certifications from the STATE OF WISCONSIN, DEPARTMENT OF REGULATION AND LICENSING, which recently took over credentialing for AODA professionals in our state. **LORI BESAW, RANDY CHEVALIER, and MARK FULLER** were granted certifications as "PREVENTION SPECIALIST IN TRAINING."

**ANNETTE LATENDER** also completed her certification as SUBSTANCE ABUSE COUNSELOR which included, among other things, an oral examination. WAY TO GO ANNETTE!!! Prevention staff will continue on with more education, training and other staff development to get their PREVENTION SPECIALIST credentials. GREAT JOB TO ALL STAFF FOR THEIR HARD WORK.



## 10th Annual 3 on 3 Basketball Tournament



The 3 on 3 basketball tournament was held at the Menominee Indian High School. There were three divisions held for boys and girls, free-throw contests and 3 point contests. The divisions held were division 1 - age 16 to 18 years & 3 point contest, division 2 - age 13 to 15 years & free-throw contest, division 3 - age 10 to 12 years & free-throw contest.

The girls division 1 category had 3 teams registered, 1<sup>st</sup> place went to Nanisaney and the sportsmanship trophy went to Native Crossovers. The girls division 2 category had 5 teams registered, 1<sup>st</sup> place went to Baby Eagles and the sportsmanship trophy went to Short Sexy Ballez. The girls division 3 category had 4 teams registered, 1<sup>st</sup> place went to Downtown Ballerz and the sportsmanship trophy went to NDN Gurlz.

The boys division 1 category had 7 teams registered, 1<sup>st</sup> place went to The Dentists and the sportsmanship trophy went to The Blouses. The boys division 2 had 6 teams registered, 1<sup>st</sup> place went to Spartans and the sportsmanship trophy went to Rez Unit. The boys division 3 had 4 teams registered, 1<sup>st</sup> place went to Comot Commandos and the sportsmanship trophy went to Comot Commandos.

The 3 point contest of division 1 for the boys was won by Charles James making 9 out of 10 shots and the girls by Hannah Tourtillott making 7 out of 10 shots. The free-throw contest of division 2 for the boys was won by Mequon Frechette making 8 out of 10 shots and the girls by Cierra Dickenson making 7 out of 10 shots. The free-throw contest of division 3 for the boys was won by Dillon Oshkeshequoam making 3 out of 10 shots and the girls by Alexis John making 7 out of 10 shots.

This tournament was sponsored by Menominee Tribal Police, Menominee Recreation, Youth Development and Outreach, Drug Free Communities, JOM, Diabetes Program, Healthy Heart, Community Resource Center, Woodland Boys & Girls Club, 21<sup>st</sup> Century Grant, Maehnowesekiyah, Adolescent Health, John Newton & the Menominee Vets.



# A 4th GRADERS CAMPAIGN AGAINST DRUNK DRIVING

1. What is our message? What do we want to say?

**DRINKING BEER SHOULD MAKE PEOPLE FEAR!**

2. How will we get our message out? Where would we put our message?



**PUT IT ON SHIRTS OR PENCILS  
PUT IT ON FLAGS BY THE ROAD**

3. Who could we get to help us?

**YOU COULD DO AN INTERVIEW TO SPREAD THE  
WORD OR DO A COMMERCIAL**

Submitted by a 4th grade Protecting You/Protecting Me student from KPS.



## MENOMINEE ELDER



WORDS OF WISDOM

WHAT WOULD YOU SAY TO OUR YOUNG PEOPLE THAT ARE CONSIDERING USING DRUGS AND ALCOHOL?

“DON’T TRY IT” maybe that one sip or taste could set a young person off to liking alcohol or drugs. Find friends who don’t use them. Find entertainment with those that do not use!!

Tribal Elder-Marie Floring

If you would like your comments to this question featured in “Elder Words”, please email or send them to anyone at MAEHNOWESEKIYAH. Stay tuned for next month where we will also feature “Youth Words” of wisdom, because we learn from our children too.





## WINTER ROUNDHOUSE CONCLUDES 2007 SEASON

Winter Roundhouse concluded it's 2007 season on Thursday March 8<sup>th</sup> 2007 with a Special Honor Ceremony and Giveaway.

Featured this year was Singing, Dancing, Guest Speakers, Story telling, Special games and Exhibition dances for the youth, Menominee Language Presentations and especially delicious home-cooked potluck-style food.

Pictured above is **SHANE WEBSTER**, from **WINDEAGLE** who was honored for having the BEST DRUM GROUP participation, they attended every session. **MENOMINEE VETERANS, JOHN REITER** and **DENNIS KENOTE** were honored for BEST PARTICIPATION as John attended almost every session and danced almost every song and Special thanks to Dennis for LEADING THE PRAYER.

Also pictured above is the MISD-Keshena Primary School drum group **MAHWAHSAEH**. They are also the **KPS TRAILS** group. These youth did an excellent job at representing their school and Maehnowesekiyah at the Roundhouse.

We want to thank everyone who participated in this drug and alcohol free community event. Winter Roundhouse was sponsored by Menominee Language and Culture Commission, Youth Development & Outreach, Maehnowesekiyah Wellness Center, Menominee Veterans and Menominee Indian School District.

A Special Thanks to MISD for use of their facility and to **BRUCE WILBER JR.** for MC. Hope to see you all next year!!!!



## SCENES FROM 2<sup>ND</sup> ANNUAL MENOMINEE IDOL



**2007 IDOL WINNERS**

**BRANDON AND  
NATALIE WEBSTER**

**SING AN ORIGINAL  
SONG-"INDIAN GIRL"**



**TAYAH AND JAY  
REITER JR SING  
"HIT THE ROAD  
JACK"**



**JUDGES-DARRELL  
"BOOTY"**

**O'KATCHICUM,  
CLAUDETTE  
HEWSON AND  
FRANK TELLER DO  
THEIR THING**



**SELENA  
O'KIMOSH AND  
SHAVONNE  
CORN START  
THEIR CAREERS  
AT OUR IDOL**

